

Title: WIC Program Benefits

Purpose

This chapter provides program information for the Special Supplemental Nutrition Program for Women, Infants and Children.

Authority

7CFR 246.1, ARM 16.26.101-402, Public Law 95-627, Child Nutrition Act of 1996

Policy

The Montana WIC Program exists to meet the needs of its constituents: the people of Montana. We are an organization whose goal is to be open and responsive to the WIC program applicants/participants. We will strive to make each contact with WIC a pleasant, convenient and satisfying experience.

I. WIC Staff

- A. The WIC staff is our most important asset. Each individual is an integral part of the team. WIC will ensure quality services by careful selection of staff, input with local programs during hiring and by constant attention to detail.
- B. As a team, we will work together to find solutions to problems and will be open to input from all staff members. We will treat each other with professional courtesy and promote cooperation. We will recognize the needs of our co-workers and serve each other in order to better serve our applicant/participants. We will strive to create an atmosphere in which the individual can achieve a sense of self-satisfaction and reach her/his full potential.

II. Services and Support

- A. Based on identified nutrition risks, WIC is dedicated to the delivery of quality nutrition education and counseling, intervention, referral and follow-up. Our overarching goal is to improve eating behaviors and reduce or eliminate nutrition problems.
 - 1. Individual face-to-face meetings
 - 2. Groups of two or more persons
- B. WIC affords access to preventive health programs and referral and follow-up to private and/or public health providers. Coordination and cooperation with related health care agencies will be used to provide quality, compassionate services for our applicants/participants.
 - 1. Private physicians
 - 2. Public health departments
 - 3. Other appropriate care givers
- C. WIC provides selected foods in standardized food packages to supplement diets lacking in nutrients needed during critical times of growth and development. The supplemental foods provided will be tailored to the applicant/participants needs and nutrition risks.
 - 1. Infant fruits and vegetables

2. Infant meats to breastfed babies
3. Iron-fortified cereals
4. Infant formula
5. Peanut butter, dried or canned legumes
6. Milk and cheese
7. Eggs
8. Vitamin C rich juices
9. Whole grain choices
10. Tuna and salmon
11. Fresh fruits and vegetables

III. Eligibility

- A. Persons applying for WIC benefits must meet the following eligibility requirements:
 1. Categorical: Must be a member of the population WIC serves pregnant, breastfeeding, or postpartum women, infants (up to age 1) or children (up to age 5).
 2. Residential: The household resides in Montana.
 3. Income: The household income is at or below current WIC income guidelines or household meets adjunctive income eligibility definition. Income guidelines change annually.
 4. Nutritional: Persons within the household applying for WIC have a nutritional risk.

IV. Nutrition Education

- A. Two nutritional education contacts are required to be offered to all WIC participants during each 6 month certification period. Nutritional education contacts will incorporate appropriate and up-to-date information.